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Bond between grandparents and grandkids benefits both

What used to be the “golden years” of life for seniors is now turning into any opportunity to spend even more time with their youngest family members. Nowadays, a growing number of grandparents are called on to provide child care for their grandkids, many of whom are growing up in two-income households. Others are helping to raise grandkids while providing financial assistance for adult children who may not be able to live on their own.

Grandparents often cite helping their own children financially as well as staying in touch with grandchildren

as motivating factors behind providing care. According to Generations United, staying in touch with grandkids can give seniors a feeling of self-worth and improve their overall health.

When spending so much time together, grandparents may develop special relationships with their grandchildren, who may benefit from the knowledge and wisdom offered by their elders. The following are some lessons grandparents can share with youngsters.

- Empathy: By sharing stories of how things were when they were younger, when opportunities may have been

more scarce, grandparents can help teach grandchildren empathy. Grandchildren may learn to be grateful for the things they have and the people around them, rather than taking what they have for granted.

- Family history: Grandparents can tell grandchildren about family members, including youngsters’ own parents, and shed light on the generations that came before them. Looking through photos or watching old movies can provide the avenue by which to start conversations about family history and give children opportunities to ask questions.

- Interests: Children may be excited about learning new skills or hobbies taught to them by their grandparents. Anything from gardening to woodworking can be shared.

- Respect: Children who grow up respecting their grandparents may have an increased tendency to respect authority figures outside their homes, which may help kids grow up to be more courteous and kind.

Grandchildren also offer benefits to their grandparents. Companionship, new experiences



and conversation can help keep grandparents’ minds sharp and bod-

ies active well into their golden years.



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What is Alzheimer's Disease?

Alzheimer's (AHLZ-high-merz) is a disease of the brain that causes problems with memory, thinking and behavior. It is not a normal part of aging. Alzheimer's gets worse over time. Although symptoms can vary widely, the first problem many people notice is forgetfulness severe enough to affect their ability to function at home or at work, or to enjoy hobbies. The disease may cause a person to become confused, get lost in familiar places, misplace things or have trouble with language. It can be easy to explain away unusual behavior as part of normal aging, especially for someone who seems physically healthy. Any concerns about memory loss should be discussed with a doctor.

The Alzheimer's Association

is the world's largest nonprofit funder of Alzheimer's research. Since 1982, we have awarded over \$350 million to more than 2,300 research investigations worldwide. When Dr. Alois Alzheimer first described the disease in 1906, a person in the United States lived an average of about 50 years. Few people reached the age of greatest risk. As a result, the disease was considered rare and attracted little scientific interest. That attitude changed as the average life span increased and scientists began to realize how often Alzheimer's strikes people in their 70s and 80s. The Centers for Disease Control and Prevention recently estimated the average life expectancy to be 78.8 years. Today, Alzheimer's is at the forefront of biomedical research, with

90 percent of what we know discovered in the last 20 years. Some of the most remarkable progress has shed light on how Alzheimer's affects the brain. Better understanding of the disease's impact may lead to better treatments.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's disease®. 800.272.3900 | alz.org®

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Hobbies for the golden years

Whether retirement is on the horizon or has already begun, more free time equates to an increased opportunity to fill your days with enjoyable activities.

Individuals facing busy schedules are often forced to push hobbies to the sidelines, as more pressing things, such as a job, household responsibilities, and parenting tasks, are accomplished. Once retirement arrives, a newfound freedom in your schedule may occur, and there can be plenty of hours to devote to the hobbies and pastimes you find enjoyable.

According to research, hobbies can have many benefits. They may serve as an emotional outlet or a way to relax. Hobbies can keep the mind and hands active. They also allow for quiet time and mind wandering -- which can free up creative thinking. Hobbies can also serve as a means to connecting with people and opening up new groups of friends.

There are many hobbies you can consider, depending on physical health and abilities. These may be hobbies you once enjoyed in the past or new activities to expand your horizons.

And hobbies need not be crafty in the traditional sense, just about any activity -- even being a mentor -- can be a form of a hobby.

Starting a hobby

When deciding on a hobby, you can first take an inventory of your skills and interests. If you have always been handy around wood and construction, perhaps a woodworking hobby will be enjoyable and also may work as a source of income revenue.

Other activities that require the use of the hands and mind include building model air-

planes, knitting, needlepoint, painting, puzzles, quilting, scrapbooking, and crocheting. These can keep the mind active and improve dexterity and fine motor skills.

Next, you may want to consider the costs surrounding a hobby. While something like taking photos may have relatively low costs, collectibles, exotic sports, sports cars, and travel could become expensive. It's important to weight the costs against your finances to ensure that you will be financially comfortable while engaging in this particular hobby.

Explore what your



friends are doing. If you want to get into a new hobby, ask neighbors and friends what they do to keep busy -- and try it out. You just may find that you're naturally inclined to do this type of activity and enjoy it.

Visit a hobby shop or craft store and browse through the aisles. See where your attention is drawn and give that activity a try. From building model trains to cultivating an herb garden, there are dozens of ideas to try.

Other pastimes

A hobby can take the

form of volunteer work, teaching, mentoring, joining a martial arts class, taking classes at a college, and even caring for a pet. If you are the type who likes to interact with other people instead of engaging in a solitary hobby, consider one of these types of activities instead.

Once a hobby is started, it is not set in stone. If you find you do not feel motivated to do this hobby, try something else. Remember, the days are now yours to fill, so maximize time spent with activities you can enjoy.



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Ways to stretch retirement savings

Many budding retirees plan to travel, relax and enjoy the company of their spouses when they officially stop working. But such plans only are possible if men and women take steps to secure their financial futures in retirement.

According to a recent survey by the personal finance education site MoneyTips.com, roughly one-third of Baby Boomers have no retirement plan. The reason some may have no plan is they have misconceptions about how much money they will need in retirement. Successful retirees understand the steps to take and how to live on a budget.

- Have a plan. Many people simply fail to plan for retirement. Even men and women who invest in an employer-sponsored retirement program, such as a 401(k), should not make that the only retirement planning they do. Speak with a financial advisor who can help you develop

a plan that ensures you don't outlive your assets.

- Set reasonable goals. Retirement nest eggs do not need to be enormous. Many retirees have a net worth of less than \$1 million, and many people live comfortably on less than \$100,000 annually. When planning for retirement, don't be dissuaded because you won't be buying a vineyard or villa in Europe. Set reasonable goals for your retirement and make sure you meet those goals.

- Recognize there is no magic wealth-building plan. Saving comes down to formulating a plan specific to your goals, resources, abilities, and skills. Make saving a priority and take advantage of employer-sponsored retirement programs if they are offered.

- Don't underestimate spending. You will need money in retirement, and it's best that you don't underestimate just how much you're

going to need. No one wants to be stuck at home during retirement, when people typically want to enjoy themselves and the freedom that comes with retirement. Speak to a financial planner to develop a reasonable estimate of your living expenses when you plan to retire.

- Pay down or avoid debt while you can. Retiring with debt is a big risk. Try to eliminate all of your debts before you retire and, once you have, focus your energy on growing your investments and/or saving money for retirement.

- Start early on retirement saving. It's never too early to begin saving for retirement. Although few twentysomethings are thinking about retirement, the earlier you begin to invest the more time you have to grow your money. Enroll in a retirement plan now so you have a larger nest egg when you reach retirement age.

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Beauty knows no age, and why should it

Well into your golden years and feel like makeup is your enemy? Ready to pack up all of your cosmetics and put them away forever? Don't! With the right application, makeup can benefit faces of all ages.

If you are a mature woman and you're not sure how to apply makeup anymore, relax. All you need to do is select soft, subtle colors from your makeup collection and apply it in ways that will play up your best features and detract from the effects of age, like lines and wrinkles. Here are some tips to help you.

Got a daily skin care routine? No? Well, then,

you need to find one. Moisturizer will do wonders for aging skin. To find the best skin care products for you, shop around and do your homework.

The better condition your skin is in, the better your makeup will look. You should start the process with a foundation with a lighter-textured base. This will help detract from lines and wrinkles. The foundation should be the same color as your skin and you should blend it around your jaw line.

Next, you can concentrate on the flaws in your skin. For dark spots and blemishes, concealer is a must. Don't go overboard with it, but do use it to



conceal as many flaws in your skin as possible. To reduce the lines from the edge of your nose to the corner of your mouth, use a highlighter. To reduce a saggy neck, use a non-frosted powder in a shade darker than your skin

tone.

Aging eyes deserve special care. To fill in thinning eyebrows, use an eyebrow pencil that matches your hair color. For eyeliner, gray or brown works better than stark black. If you have graying hair, you

may want to use pink and gray eye shadow to soften it. According to some experts, frosted eye shadow will make you look younger, as long as you know how to apply it correctly. The lightest shade should go under the brow, a darker one closer to the lashes and the darkest on the crease. The three should be blended properly. According to others, matte eye shadow is better because it doesn't show wrinkles like frosted does. Use earthy tones to create depth and apply the darkest shadow to the outside of the lids.

Blush and lipstick are next. For the best result, use cream blushes in

warm copper and gold tones and sweep it from the cheeks to the temples in an arc. To keep your lipstick from bleeding and feathering, use blush to line your lips rather than lip liner. This will also allow your lipstick to remain longer. Use soft matte colors, like berry, coral, pink or peach, to make lips look fuller.

Be careful with loose translucent powder. Use it sparingly. Apply it once in the morning and leave it at that. Don't reapply it several times throughout the day; you will just accentuate any lines and wrinkles on your face. If touchups are needed, use a fluffy brush.

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These dog breeds are especially compatible with most seniors

Pets often make ideal companions. They are around when a person needs support, they can provide protection for those living alone, they're always willing to lend an ear to problems, and many tend to offer unconditional love. Seniors facing an empty nest or the loss of a spouse may find pets can buoy their spirits. Studies have shown that seniors can benefit both mentally and physically from having a pet around. Pets can alleviate anxiety, depression and boredom.

While pets can provide comfort and companionship, they remain a significant responsibility. Seniors should find an animal that will fit in with their lifestyles. This is an important consideration for those seniors who travel frequently or have mobility issues. In addition, men and women living in senior communities or assisted living facilities should determine if there are any pet restrictions in place.

Those seniors who have decided that a dog will be the best fit can choose among several breeds that may be a good match for their needs. When selecting a dog, consider both size and temperament. Smaller dogs tend to be easier to handle and will need less maintenance. They are easily carried

and won't take as long to bathe and groom. Smaller dogs also consume less food than larger breeds, reducing the expense of dog food and the hassle of wrangling large, heavy bags of chow. Temperament is also important, as some breeds tend to be more easygoing than others. Larger breeds may be preferable to a smaller breed, which tend to be hyperactive. However, always remember there are pros and cons to each breed, and each dog will demonstrate his own personality traits. The following are some dogs that can be especially compatible with seniors.

- **Pug:** Equally playful and willing to be a lap dog, the pug requires little exercise and grooming. The breed is typically nonaggressive and submissive. Pugs are good-natured and playful; they don't often bark and are easy to train.

- **Shih Tzu:** The Shih Tzu lives for attention, but this breed can be dominant and difficult to train. The Shih Tzu will be alert to its surroundings and, despite its small stature, can be a good watchdog.

- **Pomeranian:** Pomeranians look like big balls of fur and can bring a smile to an owner's face. The breed tends to be perky, can display dominance and can be

difficult to train. Because Pomeranians can be dog-aggressive, they may be best as the only pet in the house.

- **Yorkshire Terrier:** The Yorkie is a diminutive breed in size only, as they tend to have exuberant personalities that dwarf their stature. The ideal lap dog, Yorkies want to lie around and lounge, though some do like to bark. If the fur is kept short in a "puppy cut," the dog can be easy to maintain.

- **Pembroke Welsh Corgi:** This medium-sized dog hails from Wales and typically requires only moderate exercise and little grooming. They are easy to train and moderately dominant. They don't bark excessively, and they often get along with other dogs.

- **Schnauzer:** Available in three sizes, Schnauzers are good companions and protectors. This is an intelligent and loyal breed and will need to be kept amused to stave off boredom.

- **Brussels Griffon:** These dogs do not shed, but they will require professional grooming at least once every 3 months. If socialized early, the Griffon can be a good companion but will likely remain wary of strangers. They are good watchdogs and devoted to their owners.



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Shedding pounds after 50

Losing some weight is a goal for many people regardless of age. While youngsters and young adults might be able to get away with a few extra pounds without suffering any significant consequences, older adults carrying some extra weight might be putting their overall health at considerable risk.

Shedding weight after the age of 50 is not always easy. As a person ages, muscle mass tends to dwindle while body fat has a tendency to increase. Since fat burns fewer calories than muscle, weight gain as a person ages is bound to happen. But that doesn't

mean such weight gain is inevitable. In fact, men and women willing to make certain changes with regard to diet and exercise can shed pounds after 50 while preventing future weight gain.

Diet

Men and women need fewer calories as they age. For example, men and women in their 40s may need as many as 200 calories more per day than they will when they reach their 50s. Counting calories might seem difficult, so men and women in their 50s and older who don't think they can count calories can try to eat more low-calorie foods

like fruits, vegetables and whole grains.

Consuming fewer calories often requires changing dietary habits, not only with regard to what you're eating but also how you're eating and even how you shop for food. Men and women used to dining out for lunch every day can start bringing their own lunches so they can gain greater control of their daily caloric intake. For those who find they're frequently too exhausted to cook each night, they can prepare meals in advance to have healthy, homemade meals waiting instead of always ordering takeout or delivery. When

shopping for food, people should avoid doing so on an empty stomach so they're less inclined to buy unhealthy snacks.

Exercise

Exercise is another essential component to shedding pounds after 50, though men and women over 50 should always consult a physician before they begin a new exercise regimen. The Centers for Disease Control and Prevention points out that regular exercise can help older men and women prevent the onset of a host of ailments, including heart disease and diabetes. In addition, the CDC notes

that regular physical activity as one ages helps muscles grow stronger, which increases the chances that an individual will be able to perform necessary daily activities without the assistance of others. Maintaining that independence into older adulthood is a goal for many men and women, and it's a goal that's far more realistic for men and women who exercise than it is for those who don't.

When coupled with a healthy, low-calorie diet, routine exercise can help men and women over 50 shed extra weight and keep the weight off once it's gone. According to the CDC, older adults need at

least 2 hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, every week and muscle-strengthening activities on 2 more days a week. These muscle-strengthening activities should work all the major muscle groups, including the legs, hips, back, abdomen, chest, shoulders, and arms. Muscle-strengthening activities include lifting weights, working out with resistance bands, exercise such as push-ups and sit-ups that use body weight for resistance. Even gardening that involves digging and shoveling can be considered a muscle-strengthening activity.



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Older adults can overcome gym intimidation

Regular exercise and a nutritious diet are two of the best things seniors can do to maintain their health. Exercise can delay or prevent many of the health problems associated with aging, including weak bones and feelings of fatigue.

The Centers for Disease Control and Prevention says a person age 65 or older who is generally fit with no limiting health conditions should try to get two hours and 30 minutes of moderate-intensity aerobic activity per week, while also including weight training and muscle-strength-

ening activities in their routines on two or more days a week.

Individuals often find that gyms have the array of fitness equipment they need to stay healthy. But many people, including older men and women who have not exercised in some time, may be hesitant to join a gym for fear of intimidation. Some seniors may avoid machines and classes believing they will not use the apparatus properly, or that they will be judged by other gym members. Some seniors may feel like gyms do not cater

to their older clientele, creating an atmosphere that is dominated by younger members and loud music.

Such misconceptions are often unfounded, as many gyms welcome older members with open arms. But even if seniors find gyms intimidating, they should still sign up for memberships. In such situations, the following tips can help seniors shed their fears and adapt to their new gyms.

- Start the process slowly. Shop around for a gym that makes you feel comfortable. Get fully

informed about which classes are offered, and the benefits, if any, afforded to older members.

- Get a doctor's go-ahead. Make sure to clear exercise and gym membership with your doctor prior to purchasing a membership. He or she also may have a list of gyms where fellow senior patients have memberships.

- Build up gradually. Begin with exercises you feel comfortable performing. Spend time walking on the treadmill while observing other gym members. Tour the circuit of machines and

other equipment. Find out if you can sample a class to see if it might be a good fit.

- Find a gym buddy. Working out with a partner in your age group may encourage you to keep going to the gym and increase your comfort level. You each can offer support and enjoy a good laugh through the learning process.

- Don't get discouraged. Anyone working out for the first time, regardless of age, will feel somewhat out of place until exercise becomes part of a routine. Give it some time before throw-

ing in the towel. Once you catch on, you may discover you enjoy working out.

- Choose a senior-friendly gym. Some gyms cater to senior members. They may offer "Silver-Sneakers" classes at their facility. Other niche gyms may only accept members of a certain age group. Investigate these gyms if working out with a younger crowd is proving too great a deterrent.

Fitness is important for healthy seniors. It can prolong life, help seniors maintain healthy weights and reduce their risk of injury.

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Seniors becoming more tech-savvy

Technology is the future, and digital communication has opened many doors for people around the world. Although younger generations have grown up with technology at their fingers, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

According to a study by Pew Research Center, 59 percent of seniors regularly use the internet — a 6 percent increase from the previous study conducted

two years prior. Today, 67 percent of adults age 65 and older say they go online.

Pew also says that, although seniors consistently have lower rates of technology adoption than the general public, four in 10 seniors now own smartphones. Seniors in Australia are especially tech savvy, as Deloitte's mobile consumer survey found 78 percent of Australian seniors aged 65 to 75 own a smartphone, up from 69 percent in 2016.

While stereotypes have long painted seniors as technologically inept, seniors are actually more socially and digitally engaged than ever before.

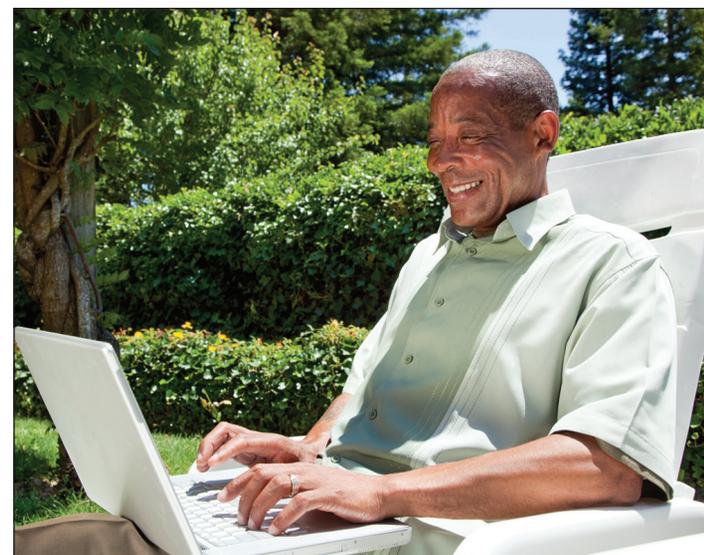
Seniors use technology in many different ways. Some use mobile apps to manage medications and doctor's appointments and monitor their fitness regimens.

Some families employ 24/7 alert systems or smarthome technology to keep seniors comfortable and safe at home for as long as possible. Noninvasive, "smart" technology can analyze factors such as whether or not doors are left open, if there has been movement in a home, or whether appliances/lights are on or off. This represents a great way for families to stay informed and provide assistance even if they are

not nearby.

SilverSurfers, a senior-based information website, says other tech that seniors are embracing includes online dating; audio and digital books; online shopping, which is especially valuable to seniors who have mobility issues; and social media, which can keep seniors connected to others and feeling less lonely.

A study conducted by researchers from the University of California, San Francisco found 18 percent of American seniors live alone, and 43 percent report feeling lonely on a regular basis.



Loneliness can increase death risk. Social media and internet connectivity can be an important tool in helping seniors feel like active members of society.

Technology is no longer just for teenagers or active workers. Seniors are increasingly embracing technology and becoming a fast-growing demographic for tech usage.

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How to avoid growing bored in retirement

From the moment young men and women first walk into the office for their first day as a working professional until the day they officially retire, the notion of planning for retirement is never far from their minds. But when the day to hang up the briefcase and donate all those business suits arrives, some retirees wonder what to do next. Some retirees know exactly how they will spend their days when they no longer have to work, while others who decide to play it by ear may find themselves battling boredom.

For those among the latter group, it's important to understand that many retirees find themselves bored once they no longer have to focus on a career. Jobs keep men and women busy and provide a sense of purpose in their lives, so it's understandable that retirees feel bored once those jobs are no longer a part of their lives. But just because you no longer have an office to go to every day does not mean life cannot be as fulfilling or even more fulfilling than it was when you were still working. You just need to find something to avoid succumbing to retirement boredom.

- **Work part-time.** Though it might seem odd to start working right after you retire, a part-time job can provide the type of structure you have grown accustomed to without all of the responsibility that comes with a full-time career. Part-time jobs can range from consultancy work that makes use of your professional experience to something entirely different like landscape maintenance at a nearby golf course that gets you out of the house and enjoying the warmer seasons. Whichever you choose, make sure it's something you find fun and interesting.

- **Embrace a new hobby.** Working professionals often say they wish they had time to pursue a hobby. Now that you are retired, you have all the time in the world to do just that. Whether it's perfecting your golf game, writing that novel, learning to cook like a gourmet chef or whatever else you might have always wanted to do, retirement is a



great time to do it.

- **Get in shape.** If retirement boredom has started to negatively affect your mood, one great way to conquer your boredom and improve your mood at the same time is to start exercising. Exercise is a natural mood enhancer. When the body exercises, it releases chemicals known as endorphins, which trigger positive feelings in the body. In addition, regular exercise has been shown to reduce stress, boost self-esteem and improve sleep. Working out at a gym also is a great way to meet fellow retirees in your community, and the energy you have after exercising may give you the boost you need to pursue other hobbies.

- **Volunteer.** If a part-time job is not up your alley, then consider volunteering in your community. Volunteers are always in demand, and volunteering with a local charity can provide a sense of purpose and provide opportunities to meet like-minded fellow retirees, all while helping to quell your boredom. Retirees who love to travel can combine their passion for volunteering with their love of travel by signing up to work with an international relief organization that travels abroad to help the less fortunate.

Upon retiring, many retirees initially find themselves coping with boredom. But there are many ways to avoid the restlessness of retirement.



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Se habla español

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Keeping your brain healthy

Physical activity and proper diet and nutrition can help people age 50 and older maintain their physical health. But there are also ways aging men and women can preserve brain health in an effort to prevent or delay the cognitive decline that affects millions of seniors across the globe.

It's easy to overlook the importance of keeping the brain healthy. However, a decline in brain function can result in poor concentration, memory loss and a host of other issues. Sometimes, by the time symptoms present themselves, it may be too late to reverse any damage.

Research suggests that a combination of nutrition and mental, social and physical activities may have a greater impact with regard to maintaining and improving brain health than any single activity. Harvard Medical School also states that volunteering, caring for others and pursuing hobbies may benefit the brains of older adults.

A study published in the Archives of General Psychiatry found participants who reported higher levels of purpose in life exhibited superior cognitive function despite the accumulation of abnormal protein depositions (amyloid plaques and neurofibrillary tangles) in the brain, a hallmark of Alzheimer's disease. Having a purpose also may help those who do not have Alzheimer's disease.

In addition to the suggestions mentioned above, those who want to boost brain health can consider these strategies.

- Start exercising the brain early on. A study published in the British Medical Journal examined cognitive function in people ages 45 to 70. Researchers found evidence of cognitive decline in the 45-year-old participants as well as the older participants. It's never too early to put a brain health plan into motion.



Is your gambling a problem?



Problem Gambling warning signs

- Spending more time gambling
- Increases in betting sizes
- Withdrawal from friends and family
- Diversion of funds set aside for other purposes
- Disinterest in other activities

To learn more visit opgr.org

Treatment is free and it works.

Tillamook Family Counseling Center: (503)842-8201

Oregon Problem Gambling Resource (OPGR): (877)695-4848



SOS Tillamook
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Prevention Program of Tillamook Family Counseling Center

- Read more books. Reading can open individuals up to new vocabulary and scenarios that promote a stronger brain and recall ability. Enrolling in an education course at a local college, community center or online also may be beneficial.

- Hit the gym. Several studies suggest an association between physical activity and reduced risk of cognitive decline. This could be because exercise elevates heart rate, which pumps more blood to the brain and body.

- Supplement with DHA. DHA is an omega-3 fatty acid that is dominant in the brain. Adhere to a Mediterranean diet, which is generally high in natural sources of omega-3, including fish and

mono-unsaturated fats from olives, olive oil, nuts and seeds. Supplements also may help, but individuals should consult with their doctors about which products to take.

- Challenge the mind. Men and women can engage in challenging activities that stray from their routines. Puzzles, strategic games, jigsaw puzzles, or difficult hobbies can benefit the brain.

- Keep a close-knit group of friends. Regular conversation and social interaction is a key component of any brain health wellness plan.

Slowing cognitive decline and promoting greater brain health should be a priority for adults of all ages.